

Time Ages	Monday	Tuesday	Wednesday	Thursday	Friday	Time Ages	Saturday	Sunday
3pm	PT Private Training	PT Private Training	PT Private Training	PT Private Training	PT Private Training	9am	TT Team Training	PT Private Training Available
4pm 7-11	LS Linear Speed JS 1-2	COD Change of Direction JS 1-2	GS Game Speed JS 1-2	LS Linear Speed JS 1-2	COD Change of Direction JS 1-2	9am 7-11	TC Total Conditioning JS 1-2	ALL DAY
5pm 9-13	LS Linear Speed TP 1-2	COD Change of Direction TP 1-2	GS Game Speed TP 1-2	LS Linear Speed TP 1-2	COD Change of Direction TP 1-2	10am 9-13	TC Total Conditioning TP 1-2	
6pm HS	LS Linear Speed TP 1-4	COD Change of Direction TP 1-4	GS Game Speed TP 1-4	LS Linear Speed TP 1-4	COD Change of Direction TP 1-4	11am HS	TC Total Conditioning TP 1-4	
7pm	TT Team Training	TT Team Training	TT Team Training	TT Team Training	TT Team Training	12noon	FCT Football Combine Training	

Linear Speed – These sessions focus on the signature Parisi straight ahead acceleration and top speed running techniques.

Change of Direction – These sessions focus on agility and an athlete's ability to accelerate in any direction quickly.

Total Conditioning – These sessions incorporate all aspects of the Parisi program, including speed, agility and strength training. These energetic fun classes focus on total body conditioning.

Game Speed – These sessions combine acceleration and change of direction drills to match the TRUE speed skills needed for most sports.

Levels

JUMP START–JS (Ages 7-11) – Fundamentals in overall athleticism and proper body movement with light emphasis on basic Parisi speed techniques. Each is structured around speed games, individual and group challenges.

TOTAL PERFORMANCE–TP (Ages 10-18) – Young athletes ages 10 and up, who want to develop a true foundation of athletic speed and strength conditioning. This 4-level program is broken into 8-week “terms” in which the athletes must test out of (physical and written) to move up to the next level.

JS and TP Payment Options: **8 Week Program** \$249

OR \$59 down then **3 months** at \$119

6 months at \$99

9 months at \$79

(includes 1st month and 1 on 1 performance evaluation)

**Refer a friend who joins and earn 1 free month.

PEAK Performance 1 on 1 Training Option – Parisi Elite Athletic Knowledge is offered to individual athletes or small groups who want more attention to detail. These workouts are sport specific to the needs and goals of the athlete(s). Included unlimited speed classes.

1 on 1 Monthly Training Options Payment Plans: **4 sessions a month** at \$360

8 sessions a month at \$680

12 sessions a month at \$960

